

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7		7:45 8:35 BODY TONE		7:45 8:35 BODY TONE		
9	9:30 10:20 POSTURALE	9:30 10:20 GINNASTICA DOLCE	10:00 10:50 HATHA YOGA	9:30 10:20 GINNASTICA DOLCE	9:30 10:20 POSTURALE	09:00 09:50 HATHA YOGA
10		10:30 11:20 ANTIGRAVITY	11:00 11:50 BALLI DI GRUPPO		10:30 11:20 ANTIGRAVITY	10:30 11:20 BODY TONE
11	11:00 11:50 BOOT CAMP	11:00 11:50 CIRCUIT TRAINING	11:00 11:50 CIRCUIT TRAINING	11:00 11:50 CIRCUIT TRAINING	11:00 11:50 CIRCUIT TRAINING	11:30 12:20 FIT BOXING
13	13:30 14:20 CIRCUIT TRAINING	13:30 14:20 POWER PILATES	13:30 14:20 CIRCUIT TRAINING	13:30 14:20 CIRCUIT TRAINING	13:30 14:20 POWER PILATES	
17		17:00 17:50 CIRCUIT TRAINING		17:00 17:50 CIRCUIT TRAINING	17:40 18:30 CIRCUIT TRAINING	
18	18:00 18:50 CIRCUIT TRAINING		18:00 18:50 CIRCUIT TRAINING		18:00 18:50 POSTURALE	
	18:30 19:20 POSTURALE	18:00 18:50 POWER PILATES	18:00 18:50 POSTURALE		18:30 19:20 MOTR	
	18:50 19:40 MOTR	18:50 19:40 ZUMBA		18:30 19:20 POWER PILATES	18:50 19:40 SLIMMING	
19	19:20 20:10 TOTAL BODY	19:00 19:50 FIT BOXING	19:00 19:50 CALISTHENICS	19:00 19:50 BOOT CAMP	19:20 20:10 FUNCTIONAL	
	19:40 20:30 CALISTHENICS	19:40 20:30 BOOTY WKT	19:00 19:50 SLIMMING	19:20 20:10 BOOTY WKT	19:40 20:30 ANTIGRAVITY	
20	20:10 21:00 G-PASSE'	20:00 20:50 DIFESA PERSONALE	20:00 20:50 ANTIGRAVITY	20:00 20:50 DIFESA PERSONALE		
				20: 1021: 00 AEROSTEP		

# CORSI FITNESS *Virtual*

SALA VIRTUALE

powered by



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7	7:00 7:50 SLIMMING	7:00 7:50 POWER PILATES	7:00 7:50 SLIMMING	7:00 7:50 POWER PILATES	7:00 7:50 SLIMMING	
8	8:00 8:50 POWER PILATES	8:00 8:50 YOGA FUSION	8:00 8:50 POWER PILATES	8:00 8:50 YOGA FUSION	8:00 8:50 POWER PILATES	8:00 8:50 BODY TONE
9	9:00 9:50 BODY TONE	9:00 9:50 BODY TONE	9:00 9:50 BODY TONE	9:00 9:50 BODY TONE	9:00 9:50 BODY TONE	9:00 9:50 SLIMMING
10	10:00 10:50 POWER PILATES	10:00 10:50 POWER PILATES	10:00 10:50 GAG	10:00 10:50 POWER PILATES	10:00 10:50 POWER PILATES	10:00 10:50 POWER PILATES
11	11:00 11:50 BOOTY WORKOUT	11:00 11:50 TOTAL BODY	11:00 11:50 ZUMBA	11:00 11:50 TOTAL BODY	11:00 11:50 TOTAL BODY	11:00 11:50 POWER YOGA
12	12:00 12:50 HATHA YOGA	12:00 12:50 HATHA YOGA	12:00 12:50 YOGA FUSION	12:00 12:50 HATHA YOGA	12:00 12:50 HATHA YOGA	12:00 12:50 TOTAL BODY
13	13:00 13:50 POWER YOGA	13:00 13:50 SLIMMING	13:00 13:50 POWER YOGA	13:00 13:50 SLIMMING	13:00 13:50 POWER YOGA	13:00 13:50 BOOTY WORKOUT
14	14:00 14:50 20 MINUTI DI	14:00 14:50 POWER YOGA	14:00 14:50 20 MINUTI DI	14:00 14:50 POWER YOGA	14:00 14:50 20 MINUTI DI	14:00 14:50 ZUMBA
15	15:00 15:50 FUNCTIONAL	15:00 15:50 BODY TONE	15:00 15:50 FUNCTIONAL	15:00 15:50 BODY TONE	15:00 15:50 FUNCTIONAL	15:00 15:50 20 MINUTI DI..
16	16:00 16:50 POWER PILATES	16:00 16:50 POSTURALE	16:00 16:50 POSTURALE	16:00 16:50 POWER PILATES	16:00 16:50 POSTURALE	16:00 16:50 POWER YOGA
17	17:00 17:50 BODY TONE	17:00 17:50 TOTAL BODY	17:00 17:50 BODY TONE	17:00 17:50 TOTAL BODY	17:00 17:50 BODY TONE	17:00 17:50 SLIMMING
18	18:00 18:50 BOOTY WORKOUT	18:00 18:50 20 MINUTI DI..	18:00 18:50 BOOTY WORKOUT	18:00 18:50 20 MINUTI DI..	18:00 18:50 BOOTY WORKOUT	<b>DOMENICA</b>
19	19:00 19:50 POWER PILATES	19:00 19:50 TOTAL BODY	19:00 19:50 POWER PILATES	19:00 19:50 TOTAL BODY	19:00 19:50 POWER PILATES	10:00 10:50 POWER PILATES
20	20:00 20:50 SLIMMING	20:00 20:50 YOGA FUSION	20:00 20:50 TOTAL BODY	20:00 20:50 YOGA FUSION	20:00 20:50 TOTAL BODY	11:00 11:50 TOTAL BODY
21	21:00 21:50 TOTAL BODY	21:00 21:50 SLIMMING	21:00 21:50 FUNCTIONAL	21:00 21:50 SLIMMING	21:00 21:50 FUNCTIONAL	12:00 12:50 FUNCTIONAL

## Athlon Virtual Training

la nuova Sala Virtual con schermo 82" nella quale potrai allenarti con i tuoi Trainers preferiti in qualsiasi orario

## GYM FLOOR

turni da 80'



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7						8:00 - 20:00
8						
9	7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	DOMENICA
22						9:30 - 13:00